



DYSPHAGIA ADVANCED (NDD #3)

DIET PRINCIPLES:

- 👍 Foods need to be moist and should be “bite-size” pieces at the oral phase of the swallow. No very hard, sticky, or crunchy foods are allowed.
- 👍 Adequate dentition and chewing are required.
- 👍 All foods from Dysphagia Pureed, Dysphagia Minced, and Dysphagia Diced diets are also acceptable on this diet / level.
- 👍 The diet may be changed to meet the patient’s needs.
- 👍 This diet is used with the NDD Level 3: Dysphagia Advanced (Dysphagia #3 Diet) and may be used as a transition to a regular texture diet.

Food List

Allowed

Not Allowed

BEVERAGES

All
Beverages may need to be thickened to prescribed liquid consistency.

None

BREADS

Any well-moistened bread or crackers, biscuits, bread dressing, coffee cake, cake or glazed doughnuts, French toast, muffins, pancakes, waffles, dinner rolls, sweet rolls; syrup, jelly, margarine or butter added to moisten well

Bagels; toast; cracked whole wheat / whole grain bread or crackers; hard rolls or breads; any bread with hard crusts; bread with coconut, dried fruit, nuts, or seeds; toasted English muffin; tough, crusty breads

<u>Food List</u>	<u>Allowed</u>	<u>Not Allowed</u>
CEREALS	<p>Cooked cereals; well-moistened dry cereals except those to avoid</p> <p><i>*If patient is on thickened liquids, all liquid needs to be absorbed into the cereal.</i></p>	<p>Granola; Grape Nuts®; all with coconut, nuts or seeds; coarse cereals such as Shredded Wheat® or All Bran®</p>
DESSERTS	<p>Cakes; cobblers; soft cookies; custard; pies; allowed fruits; fruit ice; gelatin; ice cream; mousse; pudding; sherbet; yogurt</p>	<p>Any dessert with coconut, dried fruits or fruits not allowed, nuts or seeds; dry cakes; cookies that are chewy or dry</p>
<p><i>*If pt is on thick liquids, frozen malts and yogurt, milk shakes, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin or any foods that melt at room or body temperature are restricted.</i></p>		
FATS	<p>All but those listed to avoid</p>	<p>Whole bacon; nuts; olives; any with course, difficult-to-chew, or chunky additives</p>
FRUITS AND FRUIT JUICES	<p>All baked, canned, or cooked fruits; ripe bananas; soft, peeled fresh fruits including peaches, nectarines, kiwi, watermelon (without seeds), honeydew, cantaloupe; soft berries with small seeds such as strawberries gellied cranberry sauce; all fruit juices and nectars.</p> <p>Beverages may need to be thickened to prescribed liquid consistency.</p>	<p>Difficult-to-chew fresh fruits including apples, grapes, and pears; high-pulp, stringy fruits including mango, papaya, and pineapple; uncooked dried fruits such as prunes and apricots; fruit leather, fruit roll-ups, fruit Snacks, and dried fruits; whole cranberry sauce.</p>
POTATOES AND POTATO SUBSTITUTES	<p>Chopped pasta; baked, steamed, mashed or soft fried potatoes; pasta or potato salad without raw vegetables; grits; moist bread dressing; rice and wild rice.</p>	<p>Potato chips; crispy fried potatoes; corn chips; shoestring potatoes; potato skins; dry bread dressing</p>

<u>Food List</u>	<u>Allowed</u>	<u>Not Allowed</u>
SOUPS	Bouillon; broth; Strained soups Soups may need to be thickened to prescribed liquid consistency.	Soups with tough meats; corn or clam chowder; soups that have chunks of meat or vegetables >1 inch.
SWEETS	Soft chocolates; honey; jam; jelly; sugar; syrup; chocolate syrup; molasses	Hard candies or candies with caramel; dried fruits; nuts; coconut; marshmallows; taffy-type candy
VEGETABLES AND VEGETABLE	All cooked, tender vegetables; shredded lettuce	All raw vegetables except shredded lettuce; cooked corn; non-tender or rubbery cooked vegetables
JUICES	All Beverages may need to be thickened to prescribed liquid consistency.	None
MISCELLANEOUS	Flavoring extracts; herbs; pepper; salt; seasonings.	Coconut; pickles; nuts; olives with pits; popcorn; crunchy snack foods
<u>MEAT GROUP:</u> CHEESE	Moist in casserole dishes such as macaroni & cheese or in combination dishes.	Any with seeds or nuts
EGGS	Custard; omelets with allowed ingredients; egg salad without raw vegetables; eggs or egg substitute; soufflés	All others
FISH	Boneless, skinless, baked or poached fish and shellfish; salmon or tuna creamed or in combination dishes; salmon or tuna salad without raw vegetables	Fried fish or shellfish; dry fish or fish with bones

<u>Food Group</u>	<u>Allowed</u>	<u>Not Allowed</u>
MEAT ENTREES / MEAT SUBSTITUTES	Casseroles with small chunks of meat; thin-sliced, tender, ground or diced meats; hash; meatloaf; stews with finely diced or ground meat; meatballs; smooth peanut butter; tofu	Chunky peanut butter; chunk or whole meats; dry or tough meats, frankfurters; sausage; pizza
POULTRY	Thin-sliced, tender, ground or diced poultry; chicken or turkey salad without raw vegetables	Chunk or whole poultry; fried chicken; chicken nuggets or patties unless diced
MILK AND MILK PRODUCTS	All except those listed to avoid Beverages may need to be thickened to prescribed liquid consistency.	Yogurts, ice cream, or milk with whole fruits, granola, coconut, or skins.



Central Texas Veterans Health Care System

Questions, please call Nutrition and Food Service:

Austin: Dial Direct (512) 389-6531 or 1-(800) 423-2111 Ext. 46531

Temple: Dial Direct (254) 743-1999 or 1-(800) 423-2111 Ext. 41999

Waco: Dial Direct (254) 297-3201 or 1-(800) 423-2111 Ext. 53201

Approved by Patient Education Committee date to be added later
--